



The SPARTAN

Invitational Track & Field Meet

Saturday, May 2, 2015, 1:00pm
Valley Stream North High School

NOTE: MUST PRE-SEED DISCUS THROWERS

Time: Clerking begins at 12:30pm, First event at 1:00pm, (SAT day!)
Seeding: Three event limit. Verbal seeding. Cards for Relays.
Awards: Medals to top 6 in each individual event, top 3 relay events
Equipment: Starting blocks and spikes acceptable. Please supply your own relay baton.
Event information:

- For safety and time reasons, the DISCUS event will be pre-seeded. You **MUST** email shot put, discus and steeplechase seeds to frazerm@vschsd.org by 4/29/15 by 3:00pm. *Please indicate name, Nassau number, grade, and seed.* Accepted athletes will be posted at www.FoundationXCCamp.com. Non-seeded shot put will compete in the tennis courts. **There will be NO non-seeded discus.**
- The high jump will start at 4'0" for girls and 5'0" for boys.
- Two Jumping Pits for Long Jump & Triple Jump.

Food: Will be on sale the day of the meet by **the VS North Spartan Club!!!**

Entertainment: DJ and Music on hand all day!

Entry Fees: **Section VIII Schools:** \$125.00 boys team, \$125.00 girls team or \$250.00 combined team, plus the cost of officials. Official costs will be split between schools and billed through BOCES.

Non-Section VIII Schools: \$200.00 boys, \$200 girls team or \$400 combined team.

Entry Due: Please fill out entry information and send to:
Valley Stream North High School
c/o Mike Frazer

750 Herman Avenue
Franklin Square, NY 11010
Fax: (516) 564-5539

Reminder: Make checks/ P.O.'s payable to: VS North Spartan Club

Questions: Please contact Mike Frazer
Phone: (516) 662-5524 cell, (516) 564-5556 work, Fax: (516) 564-5539
Email: frazerm@vschsd.org





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Valley Stream North High School

ENTRY FORM

School: _____

School Phone Number: _____

Please circle one:

	BOYS	GIRLS	BOYS & GIRLS
Section VIII	\$125	\$125	\$250
Non-Section VIII	\$200	\$200	\$400

Boys Coach: _____

Phone: _____ e-mail: _____

Asst. Coach: _____

Approximate # of athletes: Runners _____ Jumpers _____ Throwers _____

REMINDER: Discus is pre-seeded.

Must send seeds to frazerm@vschsd.org by 4/29/15

Girls Coach: _____

Phone: _____ e-mail: _____

Asst. Coach: _____

Approximate # of athletes: Runners _____ Jumpers _____ Throwers _____

REMINDER: Discus is pre-seeded.

Must send seeds to frazerm@vschsd.org by 4/29/15

Entry Due:

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c/o Mike Frazer

750 Herman Avenue

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VS North Spartan Club





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*Saturday, May 2, 2015, 1:00pm
Valley Stream North High School*

RUNNING EVENTS

1:00pm

400IH girls
400IH boys
1500m girls (frosh/soph ONLY)
2000m Steeplechase girls
100m girls - TRIALS
100m boys - TRIALS
1600m boys (frosh/soph ONLY)
100m girls - FINALS
100m boys - FINALS
3000m Steeplechase boys
400m girls
400m boys
100m Hurdles girls
110m Hurdles boys
800m girls
800m boys
200m girls (frosh/soph ONLY)
200m boys (frosh/soph ONLY)
4x400m girls
4x400m boys
4x100m girls
4x100m boys
4x800m girls
4x800m boys



FIELD EVENTS

1:00pm

Followed by

Long Jump boys – South Runway
Triple Jump boys – South Runway

1:00pm

Followed by

Long Jump girls – North Runway
Triple Jump girls – North Runway

1:00pm

Followed by

High Jump girls (opening height 4'0")
High Jump boys (opening height 5'0")

1:00pm

Followed by

Shot Put boys
Shot Put girls

1:00pm

Followed by

Discus girls (pre-seeded... must send seeds to frazerm@vschsd.org by 4/29/15)
Discus boys (pre-seeded... must send seeds to frazerm@vschsd.org by 4/29/15)
*No non-seeded Discus due to safety reasons.

Check seeds at www.FoundationXCCamp.com